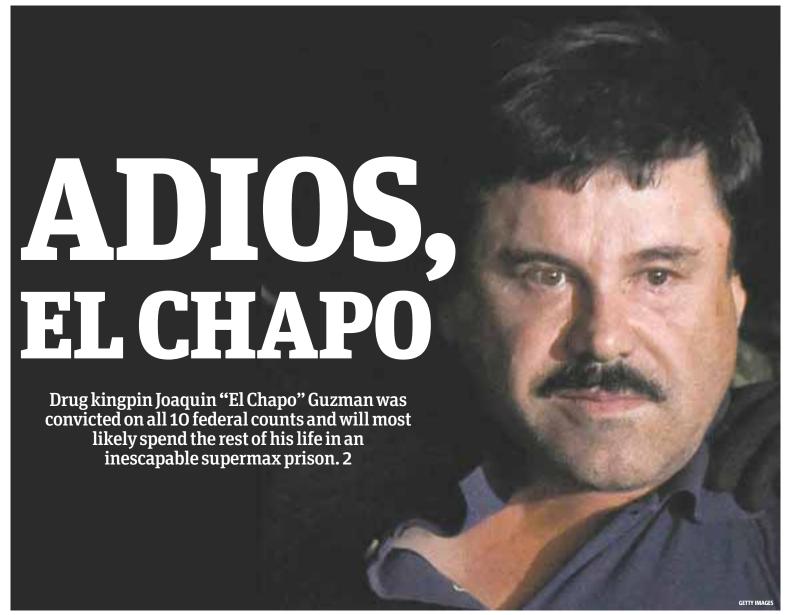




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2 metr NEWS

'EL CHAPO' CONVICTED, FACES LIFE IN PRISON

Jurors in federal court in Brooklyn found Joaquin Guzman, 61, guilty on all 10 U.S. charges.

The world's most infamous cartel boss, Joaquin "El Chapo" Guzman, who rose from poverty in rural Mexico to amass billions of dollars, was found guilty in a U.S. court on Tuesday of smuggling tons of drugs to the United States over a violent, colorful, decades-long career.

Jurors in federal court in Brooklyn convicted Guzman, 61, head of the Sinaloa cartel, on all 10 counts brought by U.S. prosecutors.

Richard Donoghue, the U.S. Attorney for the Eastern District of New York, said he expected Guzman to receive life without parole when sentenced on June 25. "It is a sentence from which there is no escape and no return," Donoghue told reporters.

Guzman, one of the major figures in Mexican drug wars that have roiled the country since 2006, become almost legendary for escaping from Mexican high-security jails twice and avoiding



Emma Coronel Aispuro, wife of Joaquin "El Chapo" Guzman, is surrounded by security and members of the press as she exits the U.S. District Court. GETTY IMAGES

massive manhunts. He cultivated a Robin Hood image among the poor in his home state of Sinaloa.

Guzman sat and showed no emotion while the verdict was read. Once the jury left the room, he and his wife Emma Coronel put their hands to their hearts and gave each other the thumbs-up sign. His wife shed tears.

Guzman, whose nick-

name means "Shorty," was extradited to the United States for trial in 2017 after he was arrested in Mexico the year before.

Though other highranking cartel figures had been extradited previously, Guzman was the first to go to trial instead of pleading guilty.

The 11-week trial, with testimony from more than 50 witnesses,

offered an unprecedented look at the inner workings of the Sinaloa cartel, named for the state in northwestern Mexico where Guzman was born in a poor mountain village.

The U.S. government said Guzman trafficked tons of cocaine, heroin, marijuana and methamphetamine into the United States over more than

two decades, consolidating his power in Mexico through murders and wars with rival cartels.

Small in stature, Guzman's smuggling exploits, the violence he used and the sheer size of his illicit business made Guzman the world's most notorious drug baron since Colombia's Pablo Escobar, who was shot dead by police

in 1993.

Guzman's lawyers say he was set up as a "fall guy" by Ismael "El Mayo" Zambada, a powerful drug lord from Sinaloa who remains at large.

Jeffrey Lichtman, a lawyer for Guzman, told reporters after the verdict that the defense faced an uphill fight, given the amount of evidence the government presented, and the widespread perception that Guzman was already guilty.

"This was a case that was literally an avalanche, avalanche of evidence," Lichtman said. "Of course we're going to appeal."

President Andres Manuel Lopez Obrador was elected last year after promising a change to the deadly military-led war against drug gangs, suggesting a negotiated peace and amnesty for nonviolent drug dealers, traffickers and farmers. The most detailed evidence against Guzman came from more than a dozen former associates who struck deals to cooperate with U.S. prosecutors. Reuters

El Chapo's rise and fall

Joaquin "El Chapo" Guzman, Mexico's most notorious kingpin, shipped tons of drugs around the world, escaped two maximum-security prisons and became one of the world's most-wanted fugitives.

The 61-year-old now faces the prospect of life in prison.

Jurors on Tuesday found Guzman guilty of all 10 counts, including running a criminal enterprise, in a trial that began in November in New York.

The audacious exploits of "El Chapo," or "Shorty," captured the world's imagination and turned him into a folk hero for some in Mexico, despite the thousands of people killed by his brutal Sinaloa cartel.

ELUSIVE KINGPIN

Security experts concede the 5-foot-6 gangster was exceptional at what he did, managing to outmaneuver, outfight or outbribe his rivals to stay at the top of the drug trade for over a decade.

Rising through the ranks of the drug world, Guzman carefully observed his mentors' tactics and mistakes, forging alliances that kept him one step ahead of the law for years.

Mexican soldiers and U.S. agents came close to Guzman on several occasions, but his layers of bodyguards and spies always tipped him off before they stormed his safe houses.

In preparing for a raid in 2014, U.S. officers re-

stricted information to a small group for fear of corruption among Mexican law enforcement, Drug Enforcement Administration agent Victor Vasquez testified in Guzman's trial.

SINALOA ROOTS

Guzman was born in La Tuna, a village in the Sierra Madre mountains in Sinaloa state where smugglers have been growing opium and marijuana since the early 20th century.

He ascended in the 1980s, working with Miguel Angel Felix Gallardo, alias "The Boss of Bosses," who pioneered cocaine smuggling routes into the United States.

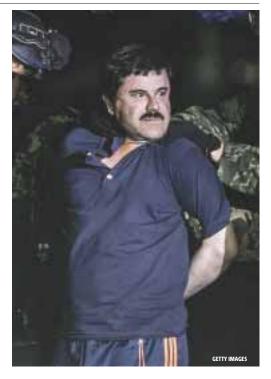
The aspiring capo came to prominence in 1993 when assassins who

shot dead Roman Catholic Cardinal Juan Jesus Posadas claimed they had actually been aiming at Guzman.

Two weeks later, police arrested him in Guatemala and extradited him to Mexico. During his eightyear prison stay, Guzman smuggled in lovers, prostitutes and Viagra, according to accounts published in the Mexican media.

After escaping, Guzman expanded his turf by sending in assassin squads with names such as "The Ghosts" and "The Zeta Killers," in reference to the rival Zetas gang.

Guzman hid near his childhood home, agents said, but rumors abounded of him visiting expensive restaurants and paying for all the diners. REUTRES





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Widening snowstorm, freezing rain to snarl East **Coast travel**

New York City received up to 4 inches of snow Tuesday.

A widening snowstorm with an encore of freezing rain iced over the U.S. Midwest on Tuesday and headed east, causing hundreds of flight cancellations and closing schools, and was expected to tangle New York and Boston's evening rush hour.

As much as 1 foot of snow was predicted for inland parts of New England, as well as up to 4 inches in New York City and up to 5 inches in Boston before turning to freezing rain in the late afternoon, said meteorologist Dan Petersen with the National Weather Service in College Park, Maryland.

"The big cities along the coast are going to have a pretty quick changeover from snow to sleet and freezing rain and eventually rain," Petersen said in

a phone interview. "The danger of snow changing to freezing rain is, people slip and slide quite a bit and that's the cause of accidents, when people lose control of their cars."

The storm by early morning had iceď over ÍÍlinois and Michigan and was moving through Wisconsin into northern Pennsylvania and southwestern New York state. The widening storm was expected to reach as far south as northern Delaware and Maryland, Petersen said.

More than 1,600 flights into and out of the United States were canceled on Tuesday, most of them at airports in Chicago, New York and Boston, according to FlightAware.com.

Ahead of the storm, New Jersey Gov. Phil declared Murphy state of emergency, and hundreds of schools were closed for the day.

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Trump doesn't expect shutdown despite disliking deal

With a Friday deadline, it is far from clear if the Republican president would embrace the agreement.

President Donald Trump expressed displeasure on Tuesday with a deal by congressional negotiators on border security spending that offered no funds for his promised U.S.-Mexican border wall, but did not reject it outright and indicated he did not expect another government shutdown.

Trump, who triggered a 35-day closure of about a quarter of the federal government with a December demand for \$5.7 billion from Congress to help build the wall, said he has yet to decide whether to support the agreement reached on Monday night by key Democratic and Republican lawmakers.

Funding for the Department of Homeland Security, the Justice Department and a host of other agencies is due to expire on Friday under the stopgap spending measure passed last month by Congress to end the longest federal shutdown in U.S. history.

"I have to study it. I'm not happy about it," Trump told reporters at the White House about the tentative funding deal, which would need to be passed by the Democratic-led House and Republican-controlled Senate and signed by him.

The tentative deal included border security provisions and money for the affected parts of the government funded through Sept. 30, the end of the federal fiscal year.

The Republican president sent mixed messages about another shut-

"I don't think you're going to see a shutdown," Trump said, but he added: "If you did have it, it's the Democrats' fault."

Congressional publicans have shown little appetite for another shutdown after taking heavy criticism over the prior one. Senate Majority Leader Mitch Mc-Connell's comments on the Senate floor touting the agreement reached on Monday night left little doubt that the top Republican in Congress wants Trump to support

Top Senate Democrat Chuck Schumer was more direct, saying, "I strongly urge the president to sign this."

Congressional sources said the agreement in-cludes \$1.37 billion for new fencing along 55 miles of the southern border but only with currently used designs such as "steel bollard" fencing. It also addresses capacity at immigration detention facilities, specifically the number of beds for people awaiting possible deportation.

Trump has threatened to declare a "national emergency" if Congress does not provide money specifically for the wall, an action he might take to redirect other funds already provided by Congress to pay for wall construction instead. Fellow Republicans have told Trump such a step would almost certainly face a legal challenge.

On Tuesday, Trump made comments that seemed to fit with the idea of declaring an emergency.

"The bottom is on the wall: We're building the wall," Trump said, adding, "we're supplementing things, and moving things around, and we're doing things that are fantastic and taking, really, from far less important areas."

Trump made the wall a central 2016 campaign promise, calling it necessary to combat illegal immigration and drug trafficking. He said Mexico would pay for the wall, but Mexican officials repeatedly rejected that. Democrats have called the project expensive, ineffective and immoral.

The tentative deal still requires congressional staff experts to write formal legislation, filling in details lacking in the broad outline agreed to

late on Monday.

McConnell said he hopes his chamber can act on the legislation "in short order," calling the agreement "certainly good news" and saying Democrats had abandoned "unreasonable" demands. REUTERS

Doctors Urge Knee Pain Sufferers "Don't Get ANY Surgery Until You SeeThis..."

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

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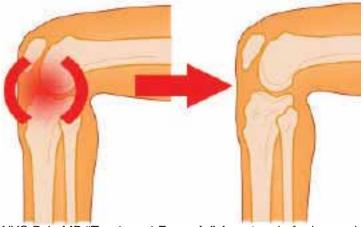
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

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NYC Pain MD "Treatment Formula" A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

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Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments without good results. However, NYC Pain MD feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

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It was down to 7 for **Westminster Kennel** Club grand prize

The world-renowned canine contest included 2,800 dogs from all 50 states and 14 other countries.

Seven of the finest specimens in the pedigree dog world faced off on Tuesday evening, as the Westminster Kennel Club's annual pageant in New York came to a dramatic close with the awarding of the coveted title of "Best in Show."

The grand prize went to one of the "Best of" winners in seven canine groups: hounds, toys, non-sporting, herding, working, sporting and

This year's event, the 143rd rendition of the show, included a field of 2,800 dogs from all 50 states and 14 other countries, including Russia, Mexico, Brazil, Canada and Japan.

Judges had selected three of the seven finalists on Tuesday before the main event. Four were selected on Monday: a longhaired dachshund named Burns won the hound group; a Havanese named Bono won the toy group; a schip-perke named Colton won the non-sporting group; and a bouvier des

Flandres named Baby Lars won the herding group.

"Ĥe just knows when to turn it on," said Bo-no's handler, Taffe Mc-Fadden of her Havanese, the national dog breed of Cuba.

"You can't train a dog for what goes on in the floor of the Garden," said McFadden of Acampo, California, whose husband Bill McFadden last year showed Flynn, the bichon frise who took home the 2018 Best in Show prize.
Co-owner Elaine Pa-

quette described Baby Lars, the bouvier des Flandres, as "very happy-go-lucky, he loves life."

Among his favorite activities are grabbing Paquette's c e 11 · phone, the mote of their television at home in Maidstone, Ontario, and squeaky toys.

The winner's circle is familiar territory for Burns' handler Carlos Puig. In 1998, Puig showed the dog's greatgrandfather, who was the first and only longhaired dachshund to win the hound group, until Burns matched his feat.

Perhaps the gest surprise so far in this year's show, held at New York's Madison Square Garden, was Colton, a schipperke who won a shot at Best in Show over longtime favorites in the nonsporting group, such as the standard poodle and the bichon frise. The schipperke is a small but powerful Belgian breed with pointy ears and a double-layered coat that can shed water quickly.

Six-year-old Colton dazzled the crowd with his thick coat of black hair and cheeky

> entered the ring with Christa Cook. "It's his favorite thing in the world, showing,

> grin when he

Cook said. Asked how they would celebrate, Cook emphatically: said "We'll sleep!"

Westminster Kennel Club's show is the second-oldest U.S. sporting event, behind only the Kentucky Derby. $_{\mbox{\scriptsize REUTERS}}$

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Rapper 21 Savage released from custody on bond

The U.K.-born entertainer, whose real name is Sha Yaa Bin Abraham-Joseph, was arrested for overstaying his visa.

Rapper 21 Savage was released from custody on bond on Tuesday after he was held for nine days in Georgia on immigration charges, his attorneys said.

The entertainer, whose real name is Sha Yaa Bin Abraham-Joseph, was arrested on Feb. 2 by U.S. Immigra-tion and Customs Enforcement agents over accusations he had overstayed his visa by more than a decade. He came to the United States from Britain in 2005, officials said.

The rapper was granted an expedited hearing after speaking with ICE officials to clarify his



legal standing and his bond eligibility, his lawyers, Charles Kuck, Dina LaPolt and Alex Spiro, said in a statement.

"He will not forget this ordeal or any of the other fathers, sons, family members and faceless people he was locked up with or that

remain unjustly incarcerated across the country," they said. ICE

and 21 Savage's representatives were not immediately available for comment.

The rapper, who media reports said is 26, faces deportation proceedings in federal immigration court, an ICE spokesman told Reuters last week.

Abraham-Joseph was convicted on felony drug charges in Georgia in 2014, and was arrested as part of a targeted operation with the cooperation of local law enforcement, an ICE spokesman told Reuters when the rapper was taken into custody.

21 Savage was nominated for two Grammy Awards for the hit "Rockstar," with Post Malone, including the coveted Record of the Year category, but was unable to attend the glitzy awards ceremony in Los Angeles on Sunday because he was being held in Georgia. His Facebook page shows that he also has several concerts scheduled in the coming weeks.

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Coffee prices seen rising nearly 20 percent by year-end

Arabica coffee prices will rise nearly 20 percent by the end of 2019 as Brazil's shift to an off-year in its biennial production cycle helps swing the world into a global deficit, a Reuters poll of nine traders and analysts showed on Tuesday.

The survey participants anticipate a global deficit of 1 million 60-kilogram bags in 2019/20, according to the median forecast, compared to estimates of a 4.25 millionbag surplus for 2018/19.

Tightening global supplies in the coming season are expected to lift arabica prices to \$1.25 per pound by the end of 2019, 24.8 percent above Monday's close.

"Arabica prices should find some support by the fact that 2019/20 is set to be an 'off year' output in Brazil," said Caroline Bain, analyst at Capital Economics.

Respondents expect the 2019/20 crop for top producer Brazil at a median 55 million bags, little changed from previous



forecasts.

This represents a decline of about 8.3 percent from the record 2018/19 crop, whose massive size helped push arabica prices to a nearly 13-year low of 92 cents per pound on Sept. 18. Prices have since languished near those levels, which are far below the cost of production in many countries. This has forced some growers to invest less in their farms, which, one analyst said, would start translating to diminished global output in 2019/20.

The performance of

the Brazilian real is also expected to continue influencing arabica futures.

Arabica prices firmed alongside the real in the weeks before the Brazilian presidential election in October, and continue to track the currency's performance. A stronger

real can discourage producer selling of dollar-denominated commodities like coffee.

Analysts are also keeping a close eye on Brazilian policy, especially the potential for new minimum purchase prices or safety nets for the country's coffee farmers. Such mechanisms "could help support the market and also remove exportable supplies from the world market," said Shawn president of Hackett, Hackett Financial Advi-

The overall outlook is somewhat similar for robusta beans, primarily used for instant coffee or added to blends as a cheaper ingredient. Robusta prices are expected to rise to \$1,775 per ton by the end of 2019, a 16 percent increase from Monday's close, according to the poll.

Production in Vietnam, the world's biggest grower of the varietal, was pegged at 29.75 million bags in 2019/20, largely on par with production estimates for 2018/19.

"Demand should be more than enough to absorb high robusta output, as the market for instant coffee expands into emerging markets," said Bain of Capital Econom-**İCS.** REUTERS





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Walmart, Googlebacked Deliv end online grocery partnership

The retailer was served with a 90day termination notice.

Walmart Inc. and logistics firm Deliv pulled the plug on a key same-day grocery delivery partnership, dealing a setback in the retailer's race against rival Amazon.com Inc. to deliver groceries to customers' homes, in a Reuters exclusive.

The world's largest began bolsterretailer ing its partnerships with third-party courier firms to reach consumers in 100 U.S. cities last year, after failing to use Uber and Lyft to deliver groceries, and struggling in its attempt to use its own employees to deliver goods.

Deliv, which was one of Walmart's earliest partners with pilot programs in Miami and San Jose, served the retailer with a 90-day termination notice, and the two companies stopped working with each other in late January, according to two people familiar with the situation.

"We ultimately came to the conclusion with Deliv that while their platform is a good delivery option, it was not the best fit for our program at this time."

Molly Blakeman, Walmart spokesperson

Walmart confirmed the previously unreported decision, and said it still partners with seven delivery firms, including Door-

Dash and Postmates, four of which it signed up in January.

People familiar with the Walmart partnership with Deliv said the Deliv drivers had to frequently wait 40 minutes or more to collect grocery orders when they showed up at the store. One reason for that, they said, is because Walmart gives a priority to customers over delivery drivers during regular hours, which complicated

the partnership.
The store operations at Walmart "were a huge problem," said one of the people with direct knowledge of the matter, adding the retailer could not "process online grocery orders fast enough.

Deliv declined to comment. Walmart spokeswoman Molly Blakeman told Reuters the retailer and Deliv mutually de-

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cided to end the partnership. "As with any pilot, the intent is to learn. And we ultimately came to the conclusion with Deliv that while their platform is a good delivery option, it was not the best fit for our program at this time."

Blakeman said sameday grocery delivery is currently available in 800 of its more than 5,000 U.S. stores and warehouse clubs, and the retailer plans to add 800 more this

Deliv offers scheduled same-day deliveries through gig drivers, a model which can work well with faster order processing and a better ability to predict demand and robust volumes. Walmart is now working mostly with restaurant delivery firms that deliver an order as and when it is generated, one of the sources said.

Both sources said order volumes were low in many markets, and one source said orders had to be delivered over large distances, resulting in both Deliv and Walmart losing money.

When the partnership with Deliv was struck, the hope was that demand will be stronger than it is now," one of the sources said.

Deliv operates in 1,400 U.S. cities, tapping into networks of local freelance drivers to deliver packages same-day for a fee for a range of retailers, from Home Depot Inc. to Kohl's Corp.

In October, it raised \$40 million in a new round of financing from investors, including Alphabet Inc.'s Google and United Parcel Service. In December, it signed up 20 new U.S. retailers including Nike Inc. and Nordstrom. REUTERS



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Bellator's 'Battle of Brits' set for Conn.

Paul Daley vs. Michael "Venom" Page will headline Saturday's Bellator 216 card.



Saturday's Bellator 216 event between welterweights British Michael "Venom" Page and Paul Daley is billed as the biggest matchup in U.K. MMA history. So, naturally, Uncasville, Connecticut, would host this British invasion as part of Bellator's Welterweight Grand Prix.

If not for sheer logistical convenience — not to mention family, friends and a nation of British MMA fans who've been waiting to see these bitter rivals finally face off in the cage - London would've made the logical choice for both fighters.

But just like East Coasters forced to make adjustments during Tuesday's icy winter conditions, Page



Michael "Venom" Page

and Daley had to adapt to landing nearly 4,500 miles across the Atlantic and are now fully geared to what's been the called the tournament's most anticipated matchup.

'It was a little frustrating at the beginning," Page said Tuesday in Lower Manhattan, where he, along with Daley, were in town promoting Saturday's Bellator 216 event. "It was a fight made in the U.K., between two U.K. fighters — everything about it said it needed to be in the U.K. Then they moved it to Connecticut. But you get over it. I've fought in the U.S. quite often, but this should've been in the U.K.'

Bellator 216, which will be live-streamed exclusively on DAZN, will also feature heavyweights Cheick Kongo vs. Vitaly Minakov along with MMA legend Mirko "Cro Cop" Filipovic making his Bellator debut against Roy Nelson.

Daley (40-16-12), a veteran of nearly 60 pro MMA fights, agreed with

his opponent that having the U.K. host the fight would've made the most sense, but that Bellator did what they could and now it's time to fight. "To fans and family [in the U.K.] it disappointing," he "But I'm comfortable fighting in America. I've fought here plenty of times. I now have a routine; I know how to get to fight day comfortably and feel energized and excited.'

Both have finished the heavy training sessions, with the only obstacle left being Friday's 170-pound weight limit. Neither see it as any distraction, especially Daley, who says his routine has been constructed from nearly a decade of U.S. fight experience. "My first time [fighting in the U.S., I thought orange chicken from Panda Express was healthy," he said. "Now, fruit and a protein bar will do. Nothing exciting or minimalistic, I'm just enjoying the experience.'

Daley disagreed about

any rivalry between the two, considering Page re-cently told ESPN he considered Daley a "disgusting person." "In my mind, this is a fabricated rivalry to hide my opponent's insecurities, he said. "To me, it's another fight. To Michael Page, it's a rivalry. I'm just here to knock him out.'

Page (13-0) is perhaps best known for his devastating knee kick that fractured the skull of Evangelista "Cyborg" Santos in 2016. In his last bout at Bellator 200, Page forced David Rickels to quit midway through the second round. "It was frustrating at first," Page said of his opponent. "In the moment, having someone pull away was frustrating. Afterward, thinking that that was a tough man I put away, like, that says a lot. I kind of enjoyed it."

But there's only one way Page wants to see Saturday's bout end. "I want to put someone to sleep. Someone who I'm not close with."









Pat King Grumble Edito

READER WRITE-INS:

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I thought it was common practice in workplaces not to allow strong perfumes. Why is it that every so often someone sits next to me on the train with entirely too much perfume on. Why do they feel it



necessary to dump half a bottle on themselves? Where do they work? Less is more applies here. A person's need to stink because, let's face it, it doesn't smell good is harmful to my health. No, I don't mean the stomachache or discomfort. As an asthmatic it's literally harmful to my health. Having difficulty breathing isn't fun, so next time you pull out your scent please remember a little goes a long way. I would rather not have to spend half my day in urgent care because you don't understand moderation. Just to be clear I am able to wear perfume, it's not that people wear perfume, it's the amount!!

Anonymous, Metro US reader

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A HUMBLING SPICY FOOD EXPERIENCE

I recently went to go eat a highly recommended restaurant hearing that it was some of the most authentic Thai food around. The waiters were really nice and warned me and my friends that the food was really spicy. Thinking that we could handle it, we all laughed. We should not have laughed. We all shared a few dishes and we were all sweating profusely and could barely keep it together. We were definitely humbled by spice that night.

Ed, Metro New York reader



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Aries Pay more attention to your personal finances and ideas that could bring in more cash. A personal change should be made carefully and for the right reasons.



Libra If something is getting you down, do something about it. Putting up with unfair treatment or demands will lower your self-esteem. Step up and do what needs to be done.



Taurus You'll crave knowledge, change and novelty. The experience you pick up will help map out how you plan to move forward. Trust in your intuition, judgment and ability.



Scorpio Make travel plans or lifestyle changes. You'll feel rejuvenated if you try something new. Romance is in the stars.



Gemini An emotional matter will affect your productivity if you can't focus. Don't fall short at work, or it could cost you down the line.



Sagittarius Change begins with you. Set a high standard and make arrangements to start a strict routine that will leave you feeling healthy and ready to conquer the world.



Cancer Put everything you've got into your relationships. How you treat others will determine your future. A judicious compromise will be a game-changer.



Capricorn Let others do as they please, but don't feel obligated to take part. If you focus on activities you enjoy, you will connect with inspirational people.



Leo Be the one to initiate change. If you wait for someone else to make a move, you may not like the outcome. Look for an opportunity and seize the moment.



Aquarius Listen carefully and do your own fact-checking. Someone will exaggerate an offer or situation that could end up costing you emotionally as well as financially. Be on quard.



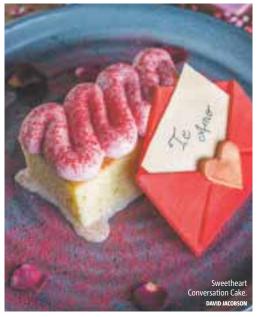
Virgo Get in the game. Don't let anyone throw you off guard by trash talking or shortchanging you. Believe in your ability to win, and don't stop until you reach your goal.



Pisces Don't let an emotional incident spin out of control. Walk away if it will stop you from saying or doing something you may regret. Focus on helping, not on creating chaos. BUGENNAUST







Sweets for your sweetheart

The best part of any meal is dessert, so we've rounded up some of the best to end your Valentine's Day date.

16

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Snowball Coconut Kakigori

Yes, it's already cold outside, but The Lobster Club's mountain of indulgence that is the Snowball Coconut Kakigori For Two must be climbed and conquered. Bringing a taste of the tropics, this fluffy and sweet Japanese dessert is made with layers of coconut, shaved ice infused with creamy coconut milk and rum toffee, with the option to add a shot of aged rum. 98 E. 53rd St., thelobsterclub.

Sharing Fondue

Why choose one dessert at Union Square chocolate emporium Max Brenner when you can try a little of everything? The Sharing Fondue (\$25.50) collects all of their signature desserts on one plate: chocolate cheesecake crepe, afterparty waffle, milk and white chocolate barks, chocolate sponge cake, strawberries and marshmallows, with your choice of two chocolates for dipping. 841 Broadway, maxbrenner.com

Banana Split

Give your Valentine's an old-school touch with this throwback dessert at the newly opened Farm to Burger. Forget gimmicks like gold leaf or crazy sprinkles - they just took a classic banana split and elevated it with caramelized bananas, candied walnuts, salted caramel, chocolate sauce and whipped cream. Get a root beer float to go with it for the ultimate retro date night. \$9, 310 W. 40th St., farmtoburger.

Sweetheart **Conversation Cake**

Pastry chef Paola Marocchi reinvents the candy conversation heart with her customizable Sweetheart Conversation Cake (\$14) at Bodega Negra. Her tres leches cake comes with a chocolate card embossed with one of six phrases, including Se Feliz (Be Happy). One catch: you have to preorder yours by tonight at bodeganegrarestaurantmanagers@taogroup. com. 355 W. 16th St., bodeganegranyc.com

Pink Coco Hot Chocolate

If you spent all your money on bling for your boo, or didn't have much to begin with, Maman Hudson is your destination. Order any of their pastries like the Nutella beignet or their own housemade Oreo cookies and get a free mug of Pink Čoco Hot Chocolate, made with Vita Coco coconut milk, white chocolate wafers and beetroot. 205 Hudson St., mamannyc.com

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Action Bronson's next act

The rapper, actor and culinary star performs in the Big Apple this week.

A.D. AMOROSI

When Action Bronson plays this Valentine's week at New York's Irving Plaza on Feb. 13 and Brooklyn's Warsaw on Feb. 14 – the Queens rapper and producer will focus on the thing we know him for best: hard, weird hip hop with an Impressionist edge. Bronson's new album, "White Bronco," is filled with raw, surreal imagery and thick, slithering beats. Yet, Bronson has made himself into a brand far beyond hip hop with his Viceland television show and accompanying best-selling book, "F—k, That's Delicious," with its literary followup, "Stoned Beyond Belief," due out in March. Plus he's got

a role in the Christmas release of Martin Scorsese's "The Irishman" on Netflix. We caught up with Action before his Valentine's run

You had the "Blue Chip" series through the Vice label - with Viceland being the network behind your series - until last year, when you left Vice and went on your own for the new "White Bronco" album. After the "Blue Chips" series, did you know that you wanted the next record to be wilder and as weird as some of the stuff at the start of your rap

You get away from the stigma of labels and having all this pressure on you - trying to produce singles when my tastes might be different than the guy at the label - it's hard. It's hard trying to please everyone. Sometimes, you have to go outside that realm, outside of yourself even TO please



Action Bronson is back in New York this we

just you and you alone. You live in the moment. Music is my journal, my journal of life. Each time Ĭ do something, I have a song to capture that moment.

The new book that comes out March 19, 'Stoned Beyond Belief," is about your devotion to weed, and recipes

around smoking. Is it fair to say it's a lifestyle auide?

Í don't really know what 'lifestyle" means. It's nature. It's built into my DNA, a plant than grows. It's not taboo anymore.

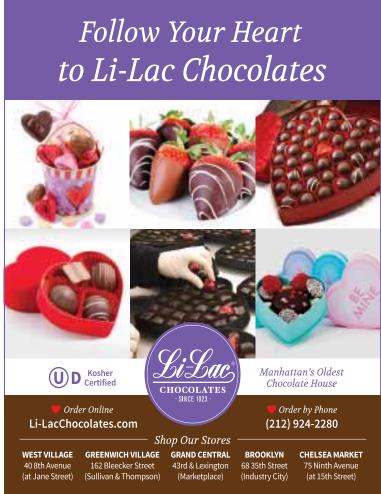
That's for sure. Growing up I had a ton of Disney books at my

disposal, Dr. Seuss too. All very colorful, and in sets. That's what I wanted to do with the "F-k, That's Delicious" brand - create a set of which "Stoned Beyond Belief" is the second volume. It's another cookbook, but it centers around my life and how it's changed around weed with little comics and anecdotes. Plus, it's gorgeous looking - neon green. I'm very proud of

Is this where life is going for you? Think there'll come a time when the music takes a back seat to cooking or booking? Nah, because the music means so much to me. All my skills complement the other, and they're all me. It just takes time to do it - not just cranking it out. I'm as excited to make music as I am about cleaning my bong. And I really like to clean my bong. I use the same care and precision doing that as I do all my work.

You have a role in Scorsese's "The Irishman." That had to be something intense, especially you had scenes with DeNiro. Who the f—k ever though THAT could happen (laughs). When I got the call to audition, they told me Scorsese likes "F—k, That's Delicious," and all of a sudden it's like "holy s-t." I bombed during the audition because I couldn't see the script. I guess my eyesight is going, but I was too embarrassed to asking for glasses, so I stumbled and mumbled. But they liked me, and gave me a part. Next thing you know it's me and DeNiro, face-to-face on camera, and Scorsese's all love and smiles. I screwed up the scene a few times, and DeNiro pulls me aside and says, "You know, you're really f—king everything up." I was in shock. Then he hits me and says, "I'm just f—king with you." How great was that? It felt good.





Nick Frost lived out his childhood dream with 'Fighting With My Family'

The British comedian talks training as a wrestler and powerbombing Simon Pegg.



"Fighting With My Famtells the true story of how Paige went from the obscurity of amateur wrestling in Eastern England to one of the most acclaimed stars of the WWE.

Written and directed by "The Office's" Ste-phen Merchant, "Fighting With My Family" is as hilarious as expected, while also being surprisingly heartfelt. Having already seen the English documentary that the film is based on, Nick Frost, who plays the father to Florence Pugh's Paige, knew that Mer-

Drug Name

chant could work wonders with the material.

But he also saw it as an opportunity to live out a childhood dream and become a wrestler,

"I was a big wrestling fan. Ever since I was a kid. 'The Wide World Of Sports with Dicky Davies,' 'Giant Haystacks' and 'Big Daddy,'" he tells "We actually Metro. trained for 2 weeks for this to become a proper wrestler. It actually made realize the similarity between acting and performing"

"If you trust the person you are there with you can perhaps leave a little bit of yourself there, physically and emotionally. There are little hints and tips to tell that person what you are going to do next. It is a performance, you are not there to actually

kill each other. That is what UFC is for."

Frost doesn't time for people that dismiss wrestling because it isn't real. "It is allowed to not be real," he de-clares. "The bit that isn't real is the larger than life characters. But the bits that are real are the fact that people are incredible athletes, and without thinking they will put their bodies on the line to entertain mere mortals like us.'

This wasn't the first time that Frost had partaken in wrestling, though. The "Spaced" and "Hot Fuzz" star admits that he and his collaborator frequent Simon Pegg had a period where they "were doing a lot of backyard wrestling." One drunken wrestle saw Frost powerbomb Pegg through his bed, shattering it in-

Qty (pills) Price*



Nick Frost got to live out his wrestling dreams.

"As I stood back up Simon pointed out that my thumb was hanging off," adds Frost. "I relo-cated it twice and it kept on rolling out of the socket. So I taped it back into position. I always loved that feeling of having a good wrestle.

But while wrestling obviously plays a key part in "Fighting With My Family," Frost is keen to stress that at its core it is a family film. A great family film. It just happens to have wrestling in it. That shouldn't put anyone off. If you have

a family that you can laugh with and have rows with and are noisy with then you'll love it."

And while Frost only met actually met Paige when "Fighting With My Family" premiered at the Sundance Film Festival, he is clearly enamored with her and the incredible journey that she and her family have gone through.

"She is so lovely, passionate and funny and completely normal. She has, they all have worked so hard. They have had a tough life. Seeing them succeed, it

makes me happy. It is an utterly thankless task running something like the WAW in East Anglia."

"That is how British wrestling began, really. Wrestling for hardly any money, knocking down the ring themselves, putting it back up, traveling around, that is all passion. There was not much money. Ricky and Julia and the kids do it because they love wrestling."

"Fighting With My Family" opens in theaters on Feb. 14.

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APPROVED JANUARY 30, 2019 INTEGREVIEW

sports

The Mets are running out of time to secure their ace.

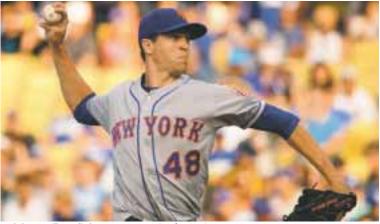


When it comes to spending money, it's always a long, drawn-out process for the New York Mets. Now, it might affect the future of their star ace Jacob deGrom.

Multiple reports on Tuesday revealed that the reigning National League Cy Young Award winner and his representation have set an Opening Day deadline for the Mets to negotiate and work out a contract extension for the 30-year-old right-hander.

DeGrom is still under team control through the 2020 season, which

DeGrom gives Mets a deadline



Jacob deGrom will not talk about a contract extension after Opening Day. GETTY IMAGES

means the Mets will get another chance to negotiate with him next winter. As it stands, he'll have to go through a fourth year of arbitration before becoming an unrestricted free agent ahead of the 2021 campaign.

While the Mets have claimed that re-signing deGrom to a long-term deal was a major priority, they have yet to make a single offer to secure him in Queens for the rest of his career.

It's a complete 180 performed by Mets general manager Brodie Van Wagenen, who last year as deGrom's agent, demanded that the Mets either sign his client to an extension immediately or trade him.

Despite the shock-

ing trade buzz at times throughout the summer, deGrom put together one of the finest pitching seasons in franchise history, sporting a league-best 1.70 ERA with 269 strikeouts and just 46 walks. Those numbers saw him become just the third

pitcher in MLB history

since 1908 to put up a

sub-2.00 ERA with over

250 strikeouts and fewer than 50 walks.

It's because of the 2018 season why the Mets might actually not be chomping at the bit to secure deGrom. His value is through the roof despite a 10-9 record and it's well-known that the Mets are always hesitant to dole out big contracts.

It would come as a shock to no one if Van Wagenen was ordered by the owning Wilpon family to hold off on negotiations until next offseason seeing as it would be unlikely for

deGrom to replicate those sterling numbers from last season.

Such penny-pinching, shrewd tactics won't come without their risks, though. If the Mets fail to contend in 2019 and deGrom fails to get the offensive support like he did last year, he could tell the Mets that he won't resign with them regardless of their offer.

Then the Wilpons and Van Wagenen will be faced with a future without one of the best pitchers in the game.

HIGHEST-PAID MLB PITCHERS IN 2019 (BASE SALARY)

1. STEPHEN STRASBURG (WSN) \$35 MILLION
2. ZACK GREINKE (ARI) \$31.5 MILLION
T-3. DAVID PRICE (BOS) \$31 MILLION
T-3. CLAYTON KERSHAW (LAD) \$31 MILLION
5. MAX SCHERZER (WSN) \$30.2 MILLION

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T-20. JACOB DEGROM (NYM) \$17 MILLION

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QUORUM REVIEW APPROVED NOV 08 2018 INSTITUTIONAL REVIEW BOARD

3 Options for Yankees at 3rd base in 2019

Will the Yankees make a splash at third base at any point this season? Here are three names who could be patrolling the hot corner.



JOE PANTORNO

As pitchers and catchers begin reporting to spring training, there is an underlying suspicion that the New York Yankees might not be done making big moves this offsea-

While one more toptier starting pitcher could make the Yankees clear favorites in the American League, most of the focus is on the left side of their infield.

Major League Baseball's lethargic offseason has seen two of the game's best talents in Bryce Harper and Manny Machado, both free agents, go unsigned well into February.

The Yankees have been continuously linked with Machado throughout this offseason despite general manager Brian Cashman accruing plenty of depth in the infield.

The signing of shortstop Troy Tulowitzki and second baseman D.J. Le-Mahieu has provided further options for manager Aaron Boone as the two veterans will be thrown into the mix for playing time alongside Gleyber Torres and Miguel Andu-







With an unpredictable market, there still could be a change or two around the corner for the Yankees, whether it's during spring training or at the July 31 trade deadline. GETTY IMAGES

jar. With starting shortstop Didi Gregorius sidelined for a sizable chunk of the 2019 season as he recovers from Tommy John surgery, the Yankees could use a combination of Torres and Tulowitzki at the position.

However, third base could become a serious issue should the Yankees make a huge splash on the market. Here are three candidates who could be playing third base at ANY point during the 2019 season.

MIGUEL ANDUJAR

Andujar seems safe for now after a stellar rookie season in 2018. At 23 years old and coming off a 27-home run, 47-double season, the ceiling on Andujar is sky-high for one of the team's best bats.

Yet a questionable glove at third base has only hurt his value as the Yankees had no problem floating his name out there this winter. He was most notably included in a potential blockbuster deal that would have sent him, along with Gary Sanchez, to the Miami Marlins in a three-team deal that could have yielded Noah Syndergaard from the Mets. The Marlins would then have sent catcher J.T. Realmuto to Queens.

Whether he is not in their formula for a "winnow" mentality or he is just a necessary sacrifice to bring in a greater talent, Andujar could quickly become expendable in the coming weeks or at the July 31 trade deadline.

MANNY MACHADO

Machado's name just won't go away around the

A report from SNY's Jim Duquette over the

weekend suggested that the Yankees offered Machado a \$220 million deal around the seven- to eight-year range. However, he quickly redacted it, saying he was merely speculating on a recentlyheard rumor.

That's the kind of offseason it's been so far.

What every MLB insider and analyst refuses to say is that no one but Čashman and Yankees management really knows how serious the Yankees are in bringing on Machado. The All-Star's stubborn desire to get a \$300 million deal will continue to keep the Yankees away from him, but if the offseason continues to drag on and he doesn't have a new home, then Cashman could swoop in and get him at a discount.

Should all the dominoes fall into perfect place, and Machado winds up going to the Bronx, then Andujar could quickly be on the move.

NOLAN ARENADO

This is much more of a long shot compared to the previous two on this list, but there are a number of circumstances that could prompt the Yankees into pursuing the Colorado Rockies star man.

Arenado is a free agent following the 2019 season, though he and the Rockies are working on a multi-year extension that will keep him in Colorado for the better part of the next decade.

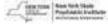
While both sides have made progress on a deal, Arenado has made it known in the past that he has a desire to win that has not been quenched during his time with the Rockies. That looming factor could play a major role in negotiations. If the 27-year-old doesn't believe the Rockies can be contenders soon, there might be hesitation to complete such a deal, regardless of how much money is on the table.

Should negotiations break down, and there is no suggestion that they will, Arenado would likely become the biggest player on the trade market when the league's deadline nears July 31.

If the Yankees abandon any hope of signing Machado and are in need of a spark this summer, it wouldn't be out of the realm of possibility to see Andujar headlining a package offer for Arenado. Suddenly, the Yankees would have another huge bat that has averaged 40 home runs over the last four years to put alongside Aaron Judge and Giancarlo Stanton.

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LEGAL NOTICES

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Nelson Ave., Apt B, Bronx, NY 10452. Purpose: any lawful act or activity, related to real estate management consulting and construction.

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LEGAL NOTICES

SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF QUEENS

NOTICE OF SALE

Index N. 700021/2011

NAUM FRIFDMAN, Plaintiff

against

YAKOV a/k/a JACOB FAYENSON, Defendant,

YAKOV a/k/a JACOB FAYENSON, Counterclaim-Plaintiff

- against -

NAUM FRIEDMAN AND EVEGNY FRIEDMAN

Counterclaim- Defendants

In the pursuance of Order and Judgment for partition, duly made and entered in the above-entitled action, dated November 30, 2018, Joseph Trotti, Esq., Vishnick McGovern Milizio LLP, (516) 437 4385, the referee in said judgment named, will sell at public auction at the Queens County Supreme Court, 88-11 Sutphin Boulevard, Room 25, Jamaica, New York, County of Queens, New York, on March 8, 2019, at 10:00 o'clock in the morning of that day, the premises directed by said judgment to be sold and therein described as follows:

BEGINNING at the corner formed by the intersection of the northwesterly side of Roosevelt Avenue (66 feet wide) with the westerly side of 50th Street running thence SOUTHWESTERLY along the northwesterly side of Boosevelt Avenue 116.13 feet: thence NORTHERLY and parallel with the westerly side of 50th Street. 113.37 feet: thence EASTERLY and at right angles to the westerly side of 50th Street, 100.01 feet to the said westerly side of 50th Street; and thence SOUTHERLY along the westerly side of 50th Street, 54.34 feet to the corner aforesaid, the point or place of BEGINNING.

Together with all right, title and interest of the Plaintiff and Defendant in and to the land lying in the streets and roads in front of and adjoining said premises. Said premises known as and by the street number 49-13 Roosevelt Avenue, Woodside, New York, situated on Block 138 and Lot 60 on the land and tax map of the County of Queens in the State of New York.

Dated: January 25, 2019

VAL MANDEL, P.C.

40 Exchange Place, Suite 1203

New York, NY 10005

Attorney for Defendant and Counterclaim Plaintiff Jacob Fayenson By: Daniel Akselrod

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42 Female animals

- 43 Personal writings
- 45 Baffling questions
- 46 "...a miner, forty-niner, and daughter, Clementine..."

- 51 " Lazy River"
- short
- 55 Topples
- 60 Follow orders

- 21 Behold 23 Revolutionary rider Paul

17 Steed

ACROSS

1 On the

9 Black bird

13 Plant pest

15 White fish

16 Vesuvius' output

18 Walked unsteadily

20 Family card game

ina to 5 Slightly open

- 24 Damp
- 26 Very late bedtime
- 27 Zsa Zsa & Eva Rico
- 29 32 Wed secretly
- 33 Saves
- 35 Wheel center
- 37 Feel the loss of
- 38 Does an usher's job
- 39 Crumbly cheese
- 40 __ pants; Jean-Claude Killy's
- 41 Arial & Times New Roman

- 47 Fraternity letter
- 48 Hut near a swimming pool
- 52 Truman's predecessor, for
- 58 Numerical comparison
- 61 Outer garment
- 62 Mattress pad covering
- 63 Likelihood
- 64 Nervous
- 65 __ and crafts

DOWN

- 1 Where 2/3 of Hawaiians live
- 2 "Once __ a time..."
- 3 Clot in a blood vessel
- 4 Malia, to Sasha
- 5 Thing worth having
- 6 __ down; make a note of
- 7 Chicken __ king 8 Reassembles the ranks
- 9 Ingenious 10 Seldom seen

- 11 Finished; done
- 12 Get one's feet wet
- 14 Hope to get
- 19 Autry & Kelly
- 22 Curvy letter 25 Klutz's word
- 27 Diamonds & rubies
- 28 Similar
- 29 Animals in the house 30 From then on
- 31 External
- 33 Griffey Sr. & Griffey Jr.
- 34 Break a fast
- 36 Lowest singing voice 38 Teriyaki marinade
- 39 Quick
- 41 Pass out
- 42 Back teeth
- 44 Shattered glass fragments
- 45 Get-up-and-go
- 47 Singer Springfield
- 48 Singer Perry
- 49 Enthusiastic
- 50 Be flexible
- 53 Count calories
- 54 Decays 56 Slender stick
- 57 Henpeck
- 59 __ moment; instant of

realization

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